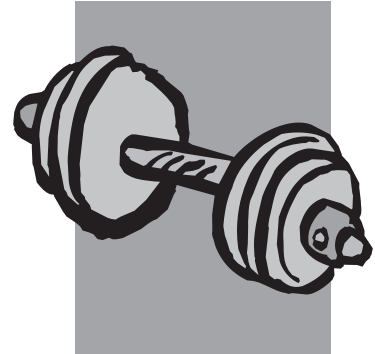


CITNESS WORKOUT

**Houston Parks and Recreation Department
PRESENTS**

Free Weight Room Cardiovascular Workout



Location:

Shady Lane Community Center
10220 Shady Lane

Days & Times:

Monday and Wednesday
• 12:00 noon - 2:30 p.m.
Tuesday and Thursday
• 6:00 p.m. - 7:30 p.m.
Friday
• 10:00 a.m. - 3:00 p.m.

Information:

(713) 742-1503

Must be registered with picture I.D.



**houston
PARKS
& recreation
department**

Houston Parks and Recreation Department
2999 S. Wayside Dr.
Houston, TX 77023

Information (713) 845-1000
www.houstontx.gov